

## 8<sup>th</sup> Grade Post Test Information

Muscular strength is best defined as the maximum amount of force a muscle can produce in a single maximal effort.

Body composition cannot be improved by good flexibility.

People who tend to gain weight in the abdominal area are at a greater risk for coronary heart disease, diabetes, and stroke.

A student's family fitness program includes bicycling. To begin, the student and his father agree to ride 3 times each week for 20 minutes each session. According to the FITT criteria for fitness training, gradually increasing the duration of each session is an accurate application of the principle of time.

Healthy body composition is obtained with the help of a sensible diet, cardiorespiratory exercise, and strength training.

Reducing the risk of injury to joints and soft tissue is a key benefit of including flexibility training in a personal fitness program.

Strength training should be performed at a minimum of 2-3 times a week.

Stressing body systems beyond what is normal for that individual is known as the overload principle of exercise.

Doing simple things like taking the steps instead of the elevator, parking farther away from the build, and taking a daily walk with friends are behavior changes to increase one's physical activity on a daily basis.

Low-impact physical activities tend to be less stressful on ones' joint then other types of physical activity.

High blood pressure is closely associated with inactivity and a poor fitness level:

Exercise is generally an important part of treatment plans for people with diabetes because physical activity helps reduce the buildup of glucose in the blood.

Relative proportions of fat and lean tissue in the body are primary concerns of body composition.

If you can only complete 5 repetitions of an exercise you are working muscular strength.

Exercise has been proven to increase bone mass, reduce cardiac injury during a heart attack, and reduce the risk of diabetes.

Goal setting is the key to achieving in any improvement in physical fitness.

To avoid overtraining, you should alternate tough workout days with easy workout days.

Running, cycling and swimming are all examples of aerobic exercises.